



Monday: 8:30am - 1:30pm
Tuesday - Friday: 8:30am - 3:00pm
(613)594-8861
Light Breakfast served from 9:00am - 10:00am
Lunch served from 12:00pm - 1:00pm

Ottawa Distress Centre (613)238-3311
Mental Health Crisis Line (613)722-6914
Emergency Housing After Hours (call after 4pm)
 (613)580-2400
SASC(Sexual Assault Support Centre)
 (613)234-2266

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 10:30 Community Acupuncture	9:00-10:30: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00-11:00 Laughing Yoga 1:30-3:00: Manicures 	The Well is CLOSED SUGAR BUSH OUTING 8:30 - 3:00
8	9	10	11	12
	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:30 Self-Esteem Workshop (Metis Nation) 10:00 - Chair Massage 1:30: Arts & Crafts 	10:00- SASC Outreach 11:30 ROH Outreach 1:15- Bingo 	9:00-11:30: Haircuts 10:00 Pet Wellness Workshop 1:00 Birthday Tea 1:15 - 2:15 Emotional Regulation W E/F	1:00-3:00: Karaoke & Games 12:30 Community Acupuncture
15	16	17	18	19
	9:00- Housing Help 9:00-11:30: Haircuts 10:00-11:30 Self-Esteem Workshop (Metis Nation) 1:30-2:45: Arts & Crafts 	10:00 SASC Outreach 10:00 -11:30 Metis Nation Workshop 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00- Laughing Yoga 10:00 - 11:30 Self-Esteem Workshop (Metis Nation) 1:30-3:00: Manicures 	 The Well is CLOSED
22	23	24	25	26
	9:00 Housing Help 9:00-11:30: Haircuts 10:00- Chair Massage 10:00 - 11:30 Self-Esteem Workshop (Metis Nation) 1:30 Arts & Crafts 	10:00-12:00: SASC Outreach 10:00-12:00 Hena with Ayah (Muslim Assoc.) 11:30 ROH Outreach 1:15- : BINGO 	9:00-11:45 Haircuts 10:00-11:30 Self-Esteem Workshop (Metis Nation) 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games
29	30	May 1	May 2	May 3
	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:30 Self-Esteem Workshop (Metis Nation) 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 11:30 ROH Outreach 11:00-12:00: Choir 1:15- : BINGO 	9:00-11:30: Haircuts 10:00 laughing Yoga 10:00-11:30 Self-Esteem Workshop (Metis Nation) 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games